

## Low protein roll, coleslaw, carrots & fruit



Low protein Mevalia ciabattine roll (1 free, 2 is ½ exchange)

Raw carrots (free)

Raspberries ( free)

Coleslaw (check exchanges)

Don't forget your synthetic protein!

## Low protein roll, cheese, carrots & cherry tomatoes



Low protein Mevalia ciabattine roll (1 is free, 2 is ½ exchange)

Raw carrots (free)

Violife cheese slices (free)

Cherry tomatoes (free)

Don't forget your synthetic protein!